We claim:

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- 1. An optical filter for viewing an object, the filter having a spectral transmittance that includes an object-contrast spectral window and a background spectral window.
- 2. The filter of claim 1, wherein the spectral transmittance of the filter includes a spectral-width window.
- The filter of claim 1, wherein the background spectral window is a wavelength range from about 540 nm to about 560 nm.
 - 4. The filter of claim 1, wherein the background spectral window is a wavelength range of from about 530 nm to about 570 nm.
 - 5. The filter of claim, wherein the background window corresponds to at least a portion of a spectral reflectance of vegetation.
- 6. The filter of claim 1, wherein the object-contrast window corresponds to a wavelength-conversion spectrum of light produced by the object.
 - 7. The filter of claim 6, wherein the background spectral window is a wavelength range of from about 530 nm to about 570 nm.
- 25 8. The filter of claim 7, wherein the filter includes a spectral-width window.

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- 9. The filter of claim 7, wherein the spectral-width window includes wavelengths greater than about 610 nm.
- An optical filter having a first spectral window selected to preferentially transmit light from an object and a second spectral window selected to preferentially transmit light from a background.
 - 11. The optical filter of claim 10, wherein the first spectral window is selected to transmit wavelength-converted light from the object.
 - 12. The optical filter of claim 10, wherein the first spectral window is selected to transmit light reflected by the object.
 - 13. Eyewear for viewing of an object with respect to a background, comprising:

a frame; and

at least one lens configured to be placed with respect to a wearer's eyes so that the wearer looks through the lens, the lens defining a spectral transmittance having an object-contrast spectral window and a background spectral window.

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- 14. The eyewear of claim 10, wherein the background spectral window corresponds to a wavelength range in which the background is reflective.
- 15. The eyewear of claim 10, wherein the background spectral window corresponds to a reflectance spectrum of vegetation.
 - 16. The eyewear of claim 10, wherein the object-contrast window corresponds to a spectrum of wavelength-converted light produced by the object.

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- 17. The eyewear of claim 10, wherein the lens defines a spectral-width window.
- 5 Eyewear, comprising an optical filter that includes an object-contrast spectral window and a background spectral window.
 - 19. The eyewear of claim 18, wherein the object-contrast spectral window corresponds to an object-specific spectral reflectance.
 - 20. The eyewear of claim 18, wherein the object-contrast spectral window corresponds to an object-specific wavelength-conversion spectrum.
 - 21. Activity-specific eyewear, comprising:
 - a lens having a spectral transmittance that includes a background spectral window and an object-contrast spectral window; and
 - a frame configured to retain and situate the lens so that a wearer views through the lens with the eyewear as worn.
- 22. The eyewear of claim 21, wherein the lens is a unitary lens and is situated by the frame so that a wearer views through the lens with both eyes with the eyewear as worn.
- 23. The eyewear of claim 21, wherein the object-contrast spectral window corresponds to a spectrum of wavelength-converted light produced by a golf ball.
 - 24. The eyewear of claim 21, wherein the object-contrast spectral window corresponds to a spectrum of light received from an activity-specific object.

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25. The eyewear of claim 21, wherein the background spectral window corresponds to a spectrum of light received from an activity-specific background.

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- A golf ball, comprising a cover that includes a fluorescent material that produces fluorescence in a spectral region corresponding to a spectral window of a viewing filter.
- 27. A method of selecting a filter for viewing an object with respect to a background, the method comprising:

selecting an object-contrast spectral window corresponding to radiation received from the object;

selecting a background spectral window corresponding to radiation received from the background; and

providing an optical filter that includes the object-contrast spectral window and the background spectral window.

- 28. The method of claim 27, wherein the object-contrast spectral window and the background spectral window are transmission windows.
 - 29. The method of claim 27, further comprising: selecting a spectral-width window; and providing an optical filter that includes the spectral-width window.
- 25 30. The method of claim 27, wherein the object contrast window corresponds to a reflectance spectrum of the object.

- The method of claim 27, wherein the object-contrast window corresponds to a wavelength-conversion spectrum of radiation from the object.
- 32. The method of claim 27, wherein the background spectral window corresponds to a reflectance spectrum of the background.
 - 33. The method of claim 27, wherein the object-contrast spectral window, the background spectral window, and the spectral-width window are wavelengths from about 440 nm to about 470 nm, about 510 nm to about 580 nm, and about 600 nm to about 650 nm, respectively.

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